

Wasatch County Hospital

Dietary Department

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Consulting Dieticians  
of Wasatch County Hospital

List of:

Names	FGS	Pict	Hist
1. Margaret Sullivan 2. Juanita Scroubby 3. Randy Voss from American Fork Hospital			

DR. R. R. GREEN  
375 E. 2ND ST.  
HEBER CITY, UTAH  
84032



List of: Cooks at Wasatch County Hospital

Names	FGS	Pict	Hist
Oral Kuhni			
Vivian Sabey			
Hazel Lewis Johnson		✓	
Zola Wright		✓	
Nell Jeffs			
Margorie Miller		✓	
Robert Draper		✓	
Virginia Grotegut Berg			
Gay Lynn ("Pickle") Mair		✓	
Mona Miller Greer			
Leo Ellis			
Dorothy Baird			
Brenda Applegate Christenson			
Jeanie Applegate North			

Tray Carriers:

Susan Schearer (dau Randall and Afton)

Joy Thacker

Mona Miller Greer

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# Hospital Dietician Expels the Myths

May 1984

Millions of Americans these days are trying to get and stay in shape through exercise programs and better nutrition. Most, however, don't understand the relations between food and activity, and many falsehoods are still popularly held, says Kay Stringfellow, a clinical dietician at Utah Valley Hospital.

Stringfellow offers the following short true or false quiz to test readers' general knowledge of food and fitness.

- 1) If you run, or engage in other vigorous exercise, you need extra protein, for energy and to build muscles.
- 2) One of the best ways to become fit through nutrition is to cut as many carbohydrates and fats out of your diet as possible.
- 3) Your body does not begin burning fat for energy until after roughly 40 minutes of continuous exercise.
- 4) To deal with the stress of conditioning, you need some vitamin-mineral supplementation.
- 5) On a hot day, if you tend to perspire freely when you exercise, you should take a salt tablet.
- 6) If you drink more than a swallow of fluid before you exercise, or certainly if you stop exercising and satisfy your thirst, you risk painful cramps.

All of these statements are false, except number three. Here's why, according to Stringfellow.

1) Protein, the primary building block of muscles and other tissue, was once also believed to be the major fuel for contracting (exercising) muscles. That is, the muscle was thought to consume itself

about half its energy from carbohydrate stores and the other half from fat. If carbohydrate stores are depleted, the body begins drawing on protein stores, usually muscle tissue, to supply the want. Without enough protein in the muscles to also buffer lactic acid build-up, the muscles begin to ache.

3) Only after about 40 minutes of continuous aerobic (oxygen-supplied) activity does the body begin burning mostly fat as fuel, about 80% fat and 20% carbohydrate.

But, too, many people don't realize that fat has a role other than making them look dumpy. Fat serves not only as our largest source of stored energy, but also as insulation and a cushion for vital organs, as well as the transport for fat-soluble vitamins.

4) And on vitamins, it has often been remarked in training circles that American athletes produce the most expensive urine in the world through excessive vitamin intake.

Basically, various vitamins are required for various bodily functions. Once those needs are fulfilled, extra vitamins are wasted. That is, except for a few fat- rather than water- soluble vitamins, such as A. And excessive intake of these can build stores to toxic levels.

In short, a "one-a-day" should do it for most of us.

5) The normal American diet, relatively high in salt, easily supplies the body's requirements for electrolytes (salts, acids, bases, and other substances that conduct the body's electrical

water.

Moderation is the key in all these areas of fitness and nutrition says Stringfellow. "The general medical consensus is that athletic people do not require nutritional supplements or other excessive measures to perform well and remain fit."

For more information on fitness

and nutrition, you may call the clinical dieticians' office at Utah Valley Hospital, 373-7850, ext. 2358.

The hospital also offers classes in weight control focusing on sound principles of nutrition and exercise. For more information on these classes, call 373-7850, ext. 2641.





MARGUERITE (Marge) ELLIS MILLER 125 E. 500 No.

654-2296

I was born April 4, 1920, on Easter Sunday, to Minor and Mary Ellis, in Durango, Colorado. I was the second oldest child of seven, two brothers and four sisters.

I lived on a farm until I was nine years old, then we moved to Silverstone, Colorado, where I graduated from High School.

In 1937, I married William Haeck and we moved to Utah and lived here for 43 years. We have four children from this marriage, two boys and two girls. Bill was killed in an auto accident January 2, 1960.

I met Frank (Dutch) Miller and we were married December 1960. We had one daughter from this marriage, Mona Lisa Greer. He passed away February 1972.

I joined the church in 1972, and have been an active member since that time. I'm employed as a cook at the Wasatch County Hospital. I have been there since July 1974.

MARGUERITE April 4





2/2/84



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MARGUERITE April 4



ENTER ALL DATA IN THIS ORDER:  
DATES: 14 Apr 1794  
To indicate that a child is an ancestor of the person submitting the sheet, place an "X" behind the number pertaining to that child.  
PLACES: Sharon, Windsor, Vt.  
FAMILY GROUP RECORD

HUSBAND

Born \_\_\_\_\_ Place \_\_\_\_\_  
Chr. \_\_\_\_\_ Place \_\_\_\_\_  
Marr. \_\_\_\_\_ Place \_\_\_\_\_  
Died \_\_\_\_\_ Place \_\_\_\_\_  
Bur. \_\_\_\_\_ Place \_\_\_\_\_

HUSBAND'S FATHER

HUSBAND'S OTHER WIVES

HUSBAND'S MOTHER

Husband  
Wife

Ward  
Examiners:

1.  
2.

Stake or  
Mission

Pharis WRIGHT  
Zola

NAME & ADDRESS

RELATION OF

FOUR GENERATIONS

DATE SUBMITTED

BAPTIZED

HUSBAND

WIFE

WIFE

Born \_\_\_\_\_ Place \_\_\_\_\_  
Chr. \_\_\_\_\_ Place \_\_\_\_\_  
Died \_\_\_\_\_ Place \_\_\_\_\_  
Bur. \_\_\_\_\_ Place \_\_\_\_\_

WIFE'S FATHER

WIFE'S OTHER HUSBANDS

WIFE'S MOTHER

SEX M F	CHILDREN List each child (whether living or dead) in order of birth Given Names SURNAME	WHEN BORN			WHERE BORN			DATE OF FIRST MARRIAGE TO WHOM	WHEN DIED		
		DAY	MONTH	YEAR	TOWN	COUNTY	STATE OR COUNTRY		DAY	MONTH	YEAR
1											
2											
3											
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5											
6											
7											
8											
9											
10											
11											

SOURCES OF INFORMATION

OTHER MARRIAGES

NECESSARY EXPLANATIONS



Sister Zola Wright

Zola Wright mother of Dale, Kent, Val Wright and Julie Chatwin has been called to serve in the California San Jose mission. Her farewell will be October 30, at 10:45 in the Heber 7th Ward, 240 East 400 South. She will enter the M.T.C. November 9th.